

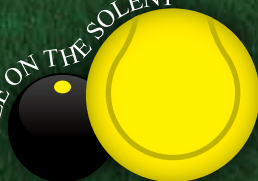
2010/11 **TENNIS** PROGRAMME



TENNIS | SQUASH | FITNESS

Superb Tennis, Squash and Fitness professionals
to help you achieve your sporting aims

LEE ON THE SOLENT



Tennis
Squash
and
Fitness
Club

www.lostclub.co.uk

ADULT PROGRAMME

ADULT BASKET DRILL BLITZ, MIKE'S TENNIS WORKOUT

Book at reception night before. The type of session is ideal for all standards and involves hitting a lot of balls on certain themes with the coach feeding from the basket. Emphasis mainly on feeding rather than rallying from the back - it is purely down to you! Mike's Tennis Workout combines hitting and fitness activities rolled into one session. **£6.00**

MATCH PRACTICE, ADULT DOUBLES DRILLS/TACTICS

Book at reception night before. For the more experienced players involved in or interested in taking part in club teams - emphasis on a partly themed session plus match playing skills. **£5.00**

ADULT IMPROVERS (1) *Sign up night before, contact Chris for details*. Similar to match practice - a coach led session for experienced players.

ADULT IMPROVERS (2) *No need to book, just come along, contact Chris or Martin for details*. Ideal for players moving on from Rustys and want to take their game that extra step.

LADIES IMPROVERS

Sign up night before. A coach led session for experienced Players.

All improvers sessions **£6.50**

RUSTY RACKETS *Bookable course*. For all wishing to try their hand at tennis or return to playing tennis - starting with the basics! **£6.50** per session.

WEEKEND RUSTYS *Check noticeboard for dates and costs*. Bookable course Similar format as above - ideal for players wishing to start with the basics.

CLUB NIGHTS/MIX-IN MORNINGS *No need to book - just come along! Free of charge*. Non-coached sessions for players of all standards with games arranged to meet members' own preferences as far as possible.

WEEKLY SCHEDULE

MONDAYS

1.00 pm – 2.00 pm

4.00 pm – 5.00 pm

5.00 pm – 6.00 pm

7.15 pm - 8.45 pm

BASKET DRILL BLITZ

MINI TENNIS RED/ORANGE

JUNIOR PERFORMANCE BASKETS SQUAD

ADULT IMPROVERS (1)

TUESDAYS

10.00 am - 11.30 am

MIX-IN

WEDNESDAY

4.00pm – 5.00 pm

5.00 pm - 6.00 pm

7.00 pm - 8.30 pm

JUNIOR TOURNAMENT SQUAD

JUNIOR IMPROVERS

ORIGINAL RUSTY RACKETS

THURSDAY

1.00 pm – 2.00 pm

4.00 pm - 5.00 pm

6.00 pm - 7.15 pm

7.15 pm - 8.30 pm

BASKET DRILL BLITZ

MINI TENNIS GREEN

MENS MATCH PRACTICE

LADIES MATCH PRACTICE

FRIDAY

9.30 am - 11.00 am

4.00 PM – 5.00 pm

6.00 pm - 8.00 pm

LADIES IMPROVERS MORNING

MINI FUTURES SQUAD

CLUB NIGHT- advanced players

SATURDAY Junior Club

9.00 am - 9.45 am

10.00 am - 11.00 am

11.00 am - 12.00

12.00 - 1.00 pm

1.00 pm – 2.00 pm

10.30 - 12.00

MINI RED 1

MINI RED 2

MINI ORANGE

MINI GREEN

JUNIOR IMPROVERS

ADULT IMPROVERS(2) WITH MARTIN JAMES

SUNDAY

10.30am – 12.00

11.00am – 12.00

12.00 – 1.00 PM

1.00 PM – 2.30 PM

2.30 PM – 4.00 PM

3.00pm – 5.00pm

WEEKEND RUSTYS –(CHECK NOTICEBOARD FOR DATES)

MIKES TENNIS WORKOUT

MINI FUTURES

JUNIOR MATCHPLAY

ADULT DOUBLES DRILLS / TACTICS

CLUB AFTERNOON – intermediate players

JUNIOR PROGRAMME

MINI TENNIS RED/ORANGE

Midweek course bookable - Saturday just come along!

These sessions are aimed at the 5 - 9 year olds with slightly larger rackets using transitional balls.

MINI TENNIS GREEN

Midweek course bookable - Saturday just come along!

These sessions are aimed at the 9-12 year olds. The final progression before juniors move to tennis. Slightly lighter and softer balls than the traditional ball will be used.

JUNIOR IMPROVERS

Midweek course bookable - Saturday just come along!

More advanced and older players who are looking to take their tennis a step further. Sessions geared towards technical and tactical coaching.

All Saturday Mini and Junior Tennis Improvers squads are **£4.50** per session , midweek sessions need to be booked and paid for the term but also work out as **£4.50** per session.

All midweek forms are available from reception.

JUNIOR PERFORMANCE BASKET SQUAD, JUNIOR MATCHPLAY, TOURNAMENT AND MINI FUTURES SQUADS *(by invitation only)*

A selected group of talented players chosen to provide the club with their own system of producing better players. These players will need certain attributes to be selected.

JUNIOR AGE GROUP CATERGORIES

3 - 5 MINI-TENNIS RED 1

5 - 8 MINI-TENNIS RED 2

8 - 9 MINI-TENNIS ORANGE

10 - 12 MINI TENNIS GREEN

12 - 17 JUNIOR IMPROVERS

OTHER SERVICES

HOLIDAY PROGRAMME

During the school holidays tennis camps will be organised - see noticeboard for details.

BIRTHDAY PARTIES AVAILABLE

Looking for something different to treat your kids for that special day, then look no further than here at the LOST Club . We can organise a tennis party which include tennis , food and tennis themed party bags. See Reception for more details .

VOUCHERS

Tennis lesson vouchers available to celebrate any special occasion. Collect your vouchers from reception.

CORPORATE PACKAGE

½ Day and full day packages available see reception for full coporate packages.

STRINGING SERVICE

Stringing service available for all those broken rackets with top strings as used by the pro's.

RACKET ADVICE

Advice on your racket and demo s available to use if you looking to buy We can supply the Dunlop range.

TENNIS STAFF



DIRECTOR OF TENNIS **CHRIS WILKINSON**

- Born 5th January 1970 Southampton,
- UK, Height 6 ft, Turned pro 1988
- Former British Number 1, 1993
- Highest singles ranking 114, Doubles 78
- 3rd Round Wimbledon on 4 occasions 93,94,95 & 98
- 3rd Queens 93 beating Goran Ivanisevic
- Represented Great Britain in 92 Barcelona
- Olympic Games and Davis Cup
- Other wins include M.Rossett, P.Rafter,
- M Phillipousis, J Bjorkman ,N Kiefer
- 2005 British and World over 35 Singles Champion
- 2007 Wimbledon over 35 Doubles finalist with Mark Petchey
- 2008 British over 35 singles Champion
- 2008 3rd Place Black Rock seniors tour event, Belfast
- Currently Director of tennis here at the LOST Club and
- commentates for Eurosport and ATP media on the ATP circuit
- CCA Coaching Qualification.
- Coaching licence, CRB Checked and First Aid trained
- 12 years Coaching experience



Director Of Tennis Coaching Fees:
Individual lesson **£32**
Shared Lesson **£38**

ASSISTANT COACH **MICHAEL PRIVETT**

- LOST Club men singles and doubles Champion
- Represented LOST Club in national club league
- Tennis Leaders Award
- Level 2 coaching qualification
- CRB checked and First Aid trained
- 8 years coaching experience
- Worked at the Advantage Tennis Academy
- Tennis assistant at Guernsey Tennis centre

Individual lessons **£20**
Shared Lessons **£25**

In addition we have level 1 and level 2 male and female coaches who assist here at the LOST Club tennis programme.